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offers the latest findings on the
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THE OCD WORKBOOK: Your Guide to Breaking Free from Obsessive-Compulsive Disorder by Dr. Bruce M.

Hyman PhD. and Cherry Pedrick R.N. is the first book written about Obsessive-Compulsive Disorder that I have ever read that provides information in five key areas consolidated into one text.

The OCD Workbook: Your Guide to Breaking... by Bruce M. Hyman The OCD Workbook: Your Guide to Breaking Free from Obsessive-compulsive Disorder Learn about the causes and symptoms of OCD. Design a self-directed cognitive behavior treatment plan. Build a strong base of family support. Evaluate professional treatment options. Maintain your progress and deal ...

The OCD Workbook: Your Guide to Breaking Free from ... The OCD Workbook has helped Page 6/13

thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life. Endorsed and used in hospitals and clinics the world over, this valuable resource is now fully revised and updated with the latest evidence-based approaches to understanding and managing OCD.

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offers expert guidance and an book
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help you overcome crippling
obsessions and compulsions. Using
real-life stories of other OCD sufferers,
this step-by-step guide provides you
with the tools and inspiration to free
yourself from the distress of OCD and
regain control over your life.

The OCD Workbook - Cherry Pedrick "In The OCD Workbook, Hyman and Pedrick have crafted an excellent self-help guide that details proven methods of addressing obsessive-compulsive symptoms. Readers will find this book to be clearly written, easy to understand, and, most importantly, very user-friendly.

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programme that allows individuals to
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postpone rituals, reduce fears, and
change unhealthy thought patterns.

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This revised edition of The OCD Workbook contains new findings on the causes of OCD, including developments in genetic research. It offers information on treatment options like neurosurgery and new medications and a new chapter on day-to-day coping strategies for people with OCD.

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